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# Summary report of key findings for New South Wales Government Department of Education & Communities - How are primary education health and physical education (HPE) teachers best prepared?

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## **SUMMARY REPORT OF KEY FINDINGS**

### **NSW Government Primary Schools**

#### **How are Primary Education Health & Physical Education (HPE) teachers' best prepared?**

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#### **The Context of the Research**

This project investigated Primary School Principals' perceptions of a University Pre-service Teacher Education course where the graduate teacher is qualified as a generalist primary classroom teacher and a Health and Physical Education specialist. Health and Physical Education (HPE) as an Australian curriculum learning area is associated with holistic lifelong health and wellbeing.

Research suggests that the optimum time for children to learn and refine their motor skills and to be introduced to positive HPE experiences is during preschool and early primary school years. This project investigates such research through the perceptions of Principals within the context of Government Schools in New South Wales.

The overarching research question is:

1. What are Primary School Principals' perceptions of a Bachelor of Primary Education (Health and Physical Education) course and testamur? (A course where graduate teachers are generalist primary teachers and specialist Health and Physical Education teachers).

Supplementary research questions that generated data include:

1. Who teaches HPE in Primary schools?
2. If a HPE teacher is employed, do they have HPE specific qualifications?
3. Do Principals prefer to have a HPE specialist teacher to teach HPE?
4. Would a testamur/ certificate that read "Bachelor of Primary Education (Health and Physical Education)" assist Principals with the employment of staff?
5. Do Principals find a course that qualifies teachers to be generalist classroom teachers and HPE specialists of value?

## Significance of Research

The Victorian Department of Education and Early Childhood Development (DEECD) key responsibilities inform outcomes that the Department strives to achieve within its birth-to-adulthood learning and development agenda. The first listed outcome for Children 0 – 8 years is:

- Children have the best start to life to achieve optimal health, development and wellbeing  
(<http://www.education.vic.gov.au/about/department/Pages/default.aspx>)

The Western Australian Government Physical Activity Taskforce developed the Active Living for All: A Framework for Physical Activity in Western Australia 2012-2016. This Framework and strategies within were designed to increase physical activity amongst children. The Framework was prioritised after the ‘WA Child and Adolescent Physical Activity and Nutrition Survey’ indicated that less than half of all WA students achieved the National Australian Physical Activity Guidelines recommended levels of 60 minutes per day. The New South Wales Education & Communities Department state that “the health of students is relevant to their learning and is important to schools” and that “Principals, staff, parents, health professionals and students all have a role to play in the effective support of students’ health needs”(<http://www.schools.nsw.edu.au/studentssupport/studenthealth/>).

Furthermore the department explicitly lists the Personal Development, Health and Physical Education key learning area as how schools support and develop students’ health. Australian Education Departments’ outcomes, Frameworks and statements directly relate to the Health and Physical Education learning area:

In Health and Physical Education students develop the knowledge, understanding and skills to support them to be resilient, to develop a strong sense of self, to build and maintain satisfying relationships, to make health-enhancing decisions in relation to their health and physical activity participation, and to develop health literacy competencies in order to enhance their own and others’ health and wellbeing. (Australian Curriculum, Assessment and Reporting Authority, 2012, p. 2).

Health and Physical Education (HPE) as a learning area in Australia is embedded in phase three of the current national curriculum reform. There is potential for the national framework being developed to enable curriculum change and quality HPE for all children across our geographically large country. This research investigates Principals’ perceptions of a university pre-service primary teacher course designed specifically for this purpose. Such a course would involve for the first time in Australia’s history, primary education pre-service teachers being given the opportunity within their university courses to specialise in developmentally appropriate Health and Physical Education.

Principals’ experiences and insights matter. “We know that school leadership must be at the centre of our reform effort. In our decentralised system where principals have a high degree of autonomy it is they who have the power to improve the quality of teaching.” (DEECD, 2012, p. 3). Furthermore, such a course would be timely as

there has been growing concern for universities improved preparation of teachers for the school environment (DEECD, 2012). A survey conducted by McKenzie, Rowley, Weldon and Murphy (2011) found that less than 30 per cent of principals felt that graduate teachers had acquired important skills for effective teaching and learning. It is pertinent that Principals are considered and opinions valued.

## Literature Review

The Australian Curriculum Assessment and Reporting Authority (ACARA) draft shape paper for HPE, espouses quality experiences for children and the importance of having these from the very beginnings of schooling. What is being accentuated within this shape paper is one particular aspect of quality HPE; that it is 'developmentally appropriate'. The priority for Health and Physical Education is:

to provide ongoing, developmentally appropriate opportunities for students to practise and apply the knowledge, understanding and skills necessary to maintain and enhance their own and others' health and wellbeing. (ACARA, 2012, p. 4).

In the late 1980s and early 1990s, the HPE school curriculum within Australian schools was considered to have been in crisis (Tinning, Kirk, Evans and Glover, 1994; Dinan-Thompson, 2009). Curriculum research indicates that the 'crisis' was experienced at an international level also (Dinan-Thompson, 2009, p. 4). 'In-house' discussions of crisis at HPE conferences and in journals led to a Senate Inquiry (Commonwealth of Australia, 1992) into the state of physical education and sport within Australian Education systems. The findings in the report by the Senate Standing Committee on Environment, Recreation and the Arts (Commonwealth of Australia, 1992) confirmed the 'in-house' discussions of crisis (Dinan-Thompson, 2009). The findings included that there was in fact a decline in the opportunities for quality HPE in Australian schools although paradoxically there was unanimous support for the learning area. The problems were mainly with resources and the time allocation to the key learning area which resulted in a drastic decline in children's skill levels and physical fitness (Tinning, Kirk, Evans, and Glover, 1994). Another major problem was that "suitably qualified physical education teachers were not being employed to teach physical education and school sport to all children" (Commonwealth of Australia, 1992, p. xiv). There was also no required accreditation or formal training in physical or sport education as a condition of employment for graduating primary school teachers (Moore, 1994). Webster (2001, p. 1) recommended that "pre-service education of primary school teachers include mandatory units directly related to the content strands of the syllabus, with further opportunities for teachers to specialize in PE courses".

These issues, according to the Australian Council for Health, Physical Education and Recreation (ACHPER) still exist today. "It is true that some schools struggle to provide quality PE and sport, in particular in primary schools" (2011). Furthermore, some graduate teachers are to this day completing teaching degrees without studying any units in Health and Physical Education and are then responsible for

implementing this learning area in schools. Health and Physical Education primary specialist teachers are only employed sporadically within primary schools across Australia with, according to Dinan-Thompson (2009, p. 48) questions often raised about “who is teaching HPE, and who is deemed competent to teach HPE in schools”. Hence, the recommendations of a Senate Inquiry made 20 years ago appear to not have been achieved.

A study released recently (March, 2013), ‘The wellbeing of young Australians’, conducted by Australian Research Alliance for Children & Youth (ARACY) involved over 3700 people. This study evidenced that Australian children and youth are not doing as well as they should. Australia ranked in the top third of OECD countries for around one-quarter of the indicators (12 out of 46). Areas of concern where Australia was ranked in the bottom third included “jobless families, infant mortality, incidence of diabetes and asthma, young people in education, 3-5 year olds in preschool and carbon dioxide emissions” (ARACY, 2013, p. 4). Despite the rhetoric about children wellbeing and social justice, this report indicates that there has been no improvement in the majority of areas from the previous report in 2008. The report summary states:

if we want to change – to improve – we need to measure and report on the things we believe are most important for a successful Australian society. Few would disagree that one of the most important of these are the environments we can influence to help parents and others ensure our children have the opportunity to be healthy and to develop well. (ARACY, 2013, p. 26).

It is axiomatic that primary schools’ play a key role in children’s health and wellbeing. Kirk (2005) argues that early learning experiences are crucial to continuing involvement in physical activity and that currently only particular sections of the population are in a position to access quality experiences in schools and sport clubs. Furthermore, “the contribution of PE specialists in secondary schools may come too late to impact a majority of children in relation to their competence, perceptions and motivation.” (Kirk, 2005, p. 240). Hence, Health and Physical Education teachers (primary specialist or generalist classroom) need to be prepared to deliver quality Health and Physical Education lessons across all strands, which include Physical activity, Health and Personal/Social Development. This involves the teacher having the knowledge and understanding of the various pedagogies that exist in HPE and the awareness to choose the most appropriate for each particular learning experience (Tinning, 1999). This often involves choosing critical, socially just pedagogies rather than the traditional dominant science and performance-based pedagogies for HPE. Critical socially just pedagogies will necessitate teachers being trained and educated in this mode of teaching (Tinning, 2004).

Physical Education (PE) courses specifically tailoring to children in the 3-11 age range, where teachers are qualified generalist classroom teachers with a specialism in PE are offered in the United Kingdom. What is sometimes offered in Australia are quasi HPE courses where pre-service primary teachers may be able to choose electives in general sport often relating to industry or secondary physical education. While these offer opportunities for enthusiasts to study areas of interest, ideal candidates for primary HPE specialists, unfortunately they lack the ‘developmentally appropriate’ key aspect that the draft paper emphasises. Hence, specialist HPE

teachers working within primary schools are often not qualified generalist classroom primary teachers (often secondary trained), and may not have had opportunities to develop pedagogy specifically for teaching children in the Primary school sector, or they are generalist classroom teachers with no HPE specialisation.

## Summary Report

This study indicates two key findings:

1. Principals in New South Wales Government primary schools of various sizes and locations were split on whether they preferred to have specialist HPE teachers in their schools, half preferred to have them and half didn't. Furthermore, HPE specialists were not common in NSW Government schools with only 7 of the 73 (9.6%) schools indicating they had a HPE qualified specialist.
2. Principals in New South Wales Government primary schools thought a course that qualifies teachers to be generalist classroom teachers and HPE specialists would be of value.

Principals surveyed represented schools from eight NSW regions and schools of various enrolment sizes (Table 1).

Table 1 NSW regions represented by school principals surveyed

NSW Region	Size of school enrolment				Total
	Small schools (less 100)	Medium (100-300)	Large (300 – 600)	Very large (more 600)	
West	1	1	1	0	3
Riverina	2	4	1	0	7
South Coast	2	4	4	1	11
Central	4	1	0	0	5
Sydney	1	5	13	7	26
Hunter Valley	1	2	5	0	8
North	1	2	1	0	4
North Coast	5	2	2	0	9
<b>Total</b>	<b>17</b>	<b>21</b>	<b>27</b>	<b>8</b>	<b>73</b>

- 31 principals surveyed (out of 73) indicated that they preferred to have HPE specialist teachers in their school (42.5%).

Within small schools (less than 100 children) many Principals stated that it was not possible to have HPE specialists due to their size and rural, regional or remote location. However, 63.6% of the Principals preferred a HPE specialist in these small schools.

There were many comments supporting HPE specialists in primary schools. Principals shared that many generalist teachers were not confident or comfortable with implementing aspects of the HPE curriculum such as gymnastics and dance, which resulted in avoidance. Comments suggested quality HPE was increased by a HPE specialist teacher. This was provided through expertise, interest, consistent/regular lessons and coordination of HPE/ sport within the school. Also, it was mentioned that some generalist teachers were not able to take HPE classes due to their senior age, it enabled release from face-to-face (RFF) for classroom teachers and minimised outsourcing costs for parents.

- 71.2% of principals, believed a course that qualifies teachers to be generalist classroom teachers and HPE specialists would be or would probably be valuable

No	5	(6.8%)
Maybe	16	(21.9%)
Probably	24	(32.9%)
Yes	28	(38.4%)

- 20.5% of principals believed a testamur/ certificate that read “Bachelor of Primary Education (Health and Physical Education)” would not assist them with the employment of staff?

No	15	(20.5%)
Maybe	29	(39.7%)
Probably	17	(23.3%)
Yes	12	(16.5%)

- There were 4 schools (5.5%) where a HPE specialist teacher was responsible for part or all of the implementation of the learning area

This included:

Classroom teachers	59	(80.8%)
Classroom teachers & outsourced	10	(13.7%)
Classroom teacher & HPE specialist	4	(5.5%)

- 7 principals (9.6%) stated that their HPE specialist teacher was a qualified specialist, 13 principals (17.8%) stated that their HPE specialist did not have specific qualifications and 53 did not answer the question.
- When employing staff, 38 principals (52.1%) indicated that they look at the university degree certificate/ testamur of potential staff and 33 (45.2%) stated that they did not.
- When employing staff, 61 principals (83.6%) said they do not peruse university transcripts.

This is problematic when the testamur and/or transcripts are needed to evidence Health and Physical Education units successfully completed.

- Principals' commented on key attributes of a good HPE teacher. The top eight responses were:

1. HPE subject knowledge & dev appropriate pedagogy	54 (mentions)
2. Planning/ assessment and flexibility (organised)	31
3. Rapport /communication and management skills	29
4. Passion/ interest/ enthusiasm (children)	29
5. Cater for all learning needs (empathy & support)	15
6. Good teacher/classroom	15
7. Engage students & fun	10
8. Introduce a variety of physical activities	9

- 50 schools gave no details of HPE being outsourced (68.5%)

HPE was outsourced by schools to supplement the classroom teachers and programs mainly included gymnastics (19.2%), dance (12.3%), specialist sporting coaches/ organisations (15.1%) and a women's health nurse (1.4%).

- Principals' thoughts on quality HPE for children in schools

Small schools (less than 100 children) - many of these schools are located in rural, regional or remote locations:

- It would be good to use supplementary staffing allocations in small schools to hire a specialist PE teacher to go around schools. There are too few of HPE teachers available in schools in NSW (not sure of other states).
- We use a program called 'Play is the way', we have tweaked it to include Fundamental Movement Skills (FMS). Teaches collaborative skills and resilience
- Choosing to opt out or being allowed to do non-cardio type activities is doing our children no good at all.



Medium sized schools (100-300 children):

- Emotional literacy
- The overcrowded curriculum makes it difficult to have more than 1 hour per week for HPE.
- Being a small school I couldn't have one person doing only HPE/PD. They would have to be an effective classroom teacher FIRST.
- Many sporting codes have clinics at schools. We tap into those regularly and have been successful ie. Rugby, League, AFL, Netball, Cricket
- Develop rapport with another person committed to a healthy lifestyle; HPE very important in developing physical and social skills and values.
- I always look for an outstanding classroom teacher with superior lit/Num and social science knowledge and commitment but having someone who will organise, encourage and drive sport & PE program is fabulous! They must be excellent classroom teachers first.
- Many PE opportunities for Boys are not best provided because of the predominance of female staff in Primary Schools.

Principals of large schools (300-600 children) and very large schools (larger than 600 children):

- Fitness and sport are important and we need more qualified teachers.
- Our school has developed a Fitness Program (supported by live life well) so all teachers take responsibility (K-6) for planning fundamental movement programs. Sport (3-6) further refines these skills.
- Totally agree but I would be happy if teachers in general primary courses could major in HPE.
- All pre-service teachers need to be provided with greater training in this area – has positive results in the classroom and socially.
- I do not have the staffing flexibility to employ a specialist HPE teacher.
- In my definition HPE doesn't include 'sport' which has additional time attributed to it.
- NAPLAN & focus on Literacy and Numeracy is taking emphasis off the other KLAs like PDHPE & Creative Arts – very unfortunate.
- Quality experiences for kids come from committed teachers. PD/HPE teachers need to lead other, perhaps less enthusiastic teachers to take part in meaningful activities for kids.
- Specialist HPE teachers are most useful when they can support the curriculum and bring expertise to classroom teachers.
- Sport/ HPE isn't a huge part/ focus. Country school - active kids.

## Recommendations

It is recommended that pre-service primary teachers have the opportunity to specialise in HPE, specifically developmentally appropriate for the primary school. Having opportunities for pre-service teachers to become generalist classroom teachers and specialise in HPE is supported by a majority of principals surveyed. Such a course enables teachers passionate in health and wellbeing, and who want to specifically teach primary aged children, to develop appropriate pedagogy and a holistic health understanding. Thus, pre-service teachers are fully prepared for teaching HPE in schools throughout the state of New South Wales. This would be a directional step towards the Victorian DEECD outcome ‘children having the best start to life to achieve optimal health, development and wellbeing’, towards the aim of the WA Government’s Physical Activity Taskforce and the New South Wales Education & Communities Department position statement stipulating “the health of students is relevant to their learning and is important to schools”. (<http://www.schools.nsw.edu.au/studentsupport/studenthealth/>). Furthermore, the department explicitly lists the Personal Development, Health and Physical Education key learning area as how schools support and develop students’ health.

In time, this would enable schools in all NSW regions to have a HPE specialist teacher on staff, and thus have the same opportunities as other Australian schools, which is currently not the case. This directly relates to the Melbourne Declaration on Educational Goals for Young Australians (MCEETYA, 2008) and the recommendations of the Gonski Report (ABC, 2012).

It is alarming the lack of HPE specialists generally in NSW Government primary schools, the absence of qualifications for teachers who may assume the specialist HPE role and the number of principals who do not check for evidence of HPE units successfully completed. However, it is understandable as no specific primary HPE specialist course exists in Australia. A Bachelor of Primary Education (Health and Physical Education) course and testamur would assist in improving this situation and is the second recommendation.

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